



## PAR-COOKED KETO MARGHERITA

Finally a satisfying pizza experience without the carbs!



- KETO-FRIENDLY
- DIABETIC-FRIENDLY
- HIGH-PROTEIN
- ONLY LOW-GI INGREDIENTS
- HANDMADE IN SYDNEY



**SIZE** 24cm / 9"

**MIN. ORDER** 1 carton (20 units)

### PACKAGING

Bases are individually packaged.

### SHIPMENT

AUD10.00 (flat rate)

Local delivery (Sydney area only).

Allow 3 business days from order confirmation for preparation and dispatch.

### SHELF LIFE

- 12 months frozen (-18°C),
- up to 7 days refrigerated (0-4°C)

### PRICE

1 carton (20 units) = AUD159.00

**RRP** = AUD16.00 / unit

### Unit Barcode



## NUTRITION INFORMATION

Servings per package: 3

Serving size: 75 g

	Average Quantity per Serving	Average Quantity per 100 g
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Energy	925 kJ	1230 kJ
Protein	15.2 g	20.2 g
Fat, total	15.3 g	20.4 g
- saturated	2.5 g	3.3 g
Carbohydrate	6.3 g	8.4 g
- sugars	3.3 g	4.4 g
Sodium	161 mg	215 mg

## INGREDIENTS

Water, **Almond Flour**, **Wheat Gluten**, Tomato Sauce, **Mozzarella Cheese**, Lupin Flour, Olive Oil, Xanthan Gum, Salt, Yeast.

## ALLERGENS

**Contains: Almond, Wheat Gluten, Milk**

**Weight of each pizza base:** 230g

(1 pizza base = 3 servings)

## Cooking instructions:

- Heat the oven at 200°C
- Bake for 5 minutes, or until the cheese is melted
- Enjoy!

## Our Story

Life on Keto started as a personal mission between my mum and me to create a healthy, delicious product that truly fits our lifestyle. We wanted something low-carb and high-protein but also satisfying to eat.

Mum has followed a keto diet for years and saw huge improvements in her energy and overall health. I've always been into weightlifting and pretty obsessed with hitting my daily protein goals. With a background in fitness, nutrition and food development, I wanted to create something that fuels performance without compromising on flavour.

Coming from an Italian family, bread and pizza were always part of our lives and we really missed them. So we started experimenting in the kitchen to develop a pizza base that had everything we were after: great macros, clean ingredients and proper flavour and texture.

What started as a home experiment is now Life on Keto: bakery products made for people who care about what they eat, whether it's by choice or necessity.

Because no one should have to give up pizza to live a healthy life.

